



## CARMELIZED ONION CAULIFLOWER RICE

By Dr. Cindy Tanzar  
(Standard)

The flavor in this dish is delicious. It is a great substitute for any recipe or meal that calls for white or brown rice, or just use as a side dish to your meal. Caramelizing the onions gives the cauliflower an amazing depth of flavor, and it's so easy to do. This recipe would also make a great breakfast vegetable. Just measure out a cup of it into a skillet, heat, then scramble a couple of eggs in with it – just like fried rice! Delicious!

The recipe can be cut in half, if desired.

Makes 5-6 servings. One serving is one cup cooked vegetable and it covers your vegetable and fat for one meal.



### INGREDIENTS

- 1 large head of cauliflower, grated; or two 10-oz. bags of frozen cauliflower rice (easy and fast)
- 2 medium onions, diced or thinly sliced
- 2 Tbsp Kerry Gold Butter and 1 Tbsp avocado oil
- Pink Himalayan salt and pepper, to taste



## DIRECTIONS

If using fresh cauliflower, separate the florets and place them in a food processor, pulsing until the cauliflower is the size of rice. (You may need to do this in two batches if your cauliflower is big). If you do not have a food processor, use a box grater to grate the cauliflower on the medium holes.

On a medium-high heat, add the butter and oil to a large skillet. Add the onions and sauté for 12-15 minutes, stirring occasionally, until the onions have browned nicely and caramelized.

Add in the cauliflower rice. Sauté for about 10 minutes (may need more time for fresh cauliflower), stirring frequently. You can cover the rice while cooking to make the cauliflower more tender.